



# Brighten up your plate

## Coming soon – the True Colors Healthy Eating Adventure.

Most American plates are full of beige food – bread, cereal, chicken and more. Adding a variety of colorful red, green, orange, yellow, purple and white produce is important for your best health. Each color has powerful nutrients that support every healthy function in your body – from cell repair to mood balance. So get ready to turn up the color volume by joining the **True Colors Healthy Eating Adventure**.

## Sign up now! Then from October 5 to November 15, your goals are to:

- 1. Eat healthy.** Strive to eat at least 2 cups of fruit, 2 1/2 cups of vegetables and drink at least 6 cups of water every day.
- 2. Track your servings.** Use your Healthy Lifestyles servings tracker to track fruit, vegetables and water at least three times each week.
- 3. Be active.** Chat with others in the True Colors group.

## How the adventure works

True Colors runs for six weeks and when you sign up, you'll get weekly tips and links to:

- Informative articles.
- A color-of-the-week recipe.
- A chart listing the types of produce by color and their healthy benefits.
- How-to information including videos for selecting, storing and preparing fruits and vegetables.

## How do I start?

- 1. Sign up!** And don't forget to join the True Colors group.
- 2. Track your servings** at least three days each week during the Adventure for a chance to win one of ten water bottles with fruit infuser!
- 3. Keep going!** Track your servings for all six weeks and encourage others by posting in the True Colors group.

## Join the adventure today:

1. Log in to [anthem.com](http://anthem.com) and go to the Health & Wellness tab. Then click **Get Started** to access Healthy Lifestyles.
2. Click on the **Groups & Challenges** tab.
3. Select the **True Colors** group and click **Join This Group**.
4. Make sure to add the Healthy Lifestyles servings tracker. You can add it under the **My Well-Being Plan** tab. [Click here](#) for step-by-step instructions on how to join the group and add your servings tracker.

